

Johnson City Fire Department Firefighter Candidate Physical Agility Test

F.F.C.P.A.T.



Segments

- ◆ Test 1 Push-ups
- ◆ Test 2 Sit-ups
- ◆ Test 3 Hill Climb
- ◆ Test 4 Aerial ladder climb
- ◆ Test 5 Rescue drag
- ◆ Test 6 High rise drill
- ◆ Test 7 Forcible entry drill
- ◆ Test 8 Search drill

Push-ups (15)

- ◆ FFC (firefighter candidate) will start from the up position.
- ◆ Hands will be placed shoulder width apart.
- ◆ Body plane will remain straight arms fully extended.
- ◆ The FFC will then push up to the starting position.
- ◆ Chest will touch 2inch mark each rep upon lowering.
- ◆ Evaluator will not advance the count for any rep if the pushup is not qualified.
- ◆ The FFC may only rest in up position.
- ◆ A demonstration of a correct pushup will be allowed prior to test.
- ◆ Maximum allowable time for this test will be 2 minutes.

Sit-ups (25)

- ◆ The FFC will lie in supine position with knees bent at a right angle and feet shoulder width apart.
- ◆ Hands will be placed behind the head and will remain behind the ears at all times.
- ◆ The FFC ankles will be held by an evaluator to ensure heels stay on mats.
- ◆ A correct situp will be counted when elbows touch the knees and upon returning to the supine position.
- ◆ Evaluator will not count any situp in which the candidate exhibits a rocking or bouncing motion, or their buttocks do not remain in contact with the mat.
- ◆ A demonstration of a correct situp will be allowed prior to test.
- ◆ Maximum allowable time for this test will be 2 minutes.

Hill Climb

- ◆ FFC will be timed in the hill climb.
- ◆ This is a pass fail test with a maximum allowable time of 8 minutes.



Aerial Ladder Climb

- ◆ The FFC will successfully climb an aerial ladder that is at a minimum of 75 feet in the air and at no greater than 70-degree angle of incline.
- ◆ Any FFC who does not complete the climb to the prescribed point will be eliminated.
- ◆ A demonstration of proper technique will be allowed prior to test.
- ◆ This is a pass fail test with a maximum allowable time of 5 minutes.

Rescue Drag

- ◆ The FFC will grasp an approximately 165-pound rescue mannequin around the chest or by the coat.
- ◆ The FFC will drag the mannequin 35 feet to a placed cone, at the cone make a 180-degree turn and continue drag to the starting point.
- ◆ A demonstration of proper technique will be allowed prior to test.
- ◆ This is a pass fail test with a maximum allowable time of 2 minutes.

High rise drill

- ◆ The FFC will pick up and carry a standpipe pack (about 55 pounds) to a fourth floor landing depositing the pack on that floor.
- ◆ The FFC will then using the hand over hand method hoist up one 50 foot hose roll of 2.5 inch hose (about 50 pounds) to a prescribed point.
- ◆ The FFC will then lower the hose roll back to the ground carefully.
- ◆ The FFC will then pick up the standpipe pack and carry it back down to the starting point where they will carefully place it on the ground
- ◆ A demonstration of proper technique will be allowed prior to test.
- ◆ This is a pass fail test with a maximum allowable time of 5 minutes. No running.
- ◆ Every step must be touched on ascent and descent or a time penalty will be added (10 seconds per step).

Forcible entry drill

- ◆ The FFC will use a 12 pound sledge hammer strike one end of a beam repeatedly until the beam has traveled a distance of 5 feet.
- ◆ A demonstration of proper technique will be allowed prior to test.
- ◆ This is a pass fail test with a maximum allowable time of 3 minutes.